

What Can People With Diabetes Do To Prevent Kidney Disease?

Many people with diabetes do not get kidney disease or kidney failure. Talk to your doctor about your chances of getting kidney disease. The best way to prevent getting kidney disease from diabetes is to:

- Control your blood sugar level.
- Keep blood pressure under control.
- Check your blood pressure as often as your doctor recommends.
- Ask your doctor to test you for kidney disease at least once each year.
- Take medicines to help control your blood glucose, cholesterol, and blood pressure if your doctor orders them for you.
- Follow your diet for diabetes.
- Get regular exercise.
- Avoid alcohol.
- Do not smoke.
- See your doctor as often as you are told.

How does diabetes harm the kidneys?

Diabetes can harm the kidneys by causing damage to:

- **Blood vessels in the kidneys**

The filtering units of the kidney are filled with tiny blood vessels. Over time, high sugar levels in the blood can cause these vessels to become narrow and clogged. Without enough blood, the kidneys become damaged and albumin (a type of protein) passes through these filters and ends up in the urine where it should not be.

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- **Nerves in your body**

Diabetes can also cause damage to the nerves in your body. Nerves carry messages between your brain and all other parts of your body, including your bladder. They let your brain know when your bladder is full. But if the nerves of the bladder are damaged, you may not be able to feel when your bladder is full. The pressure from a full bladder can damage your kidneys.

- **Urinary tract**

If urine stays in your bladder for a long time, you may get a urinary tract infection. This is because of bacteria. Bacteria are tiny organisms like germs that can cause disease. They grow rapidly in urine with a high sugar level. Most often these infections affect the bladder, but they can sometimes spread to the kidneys.